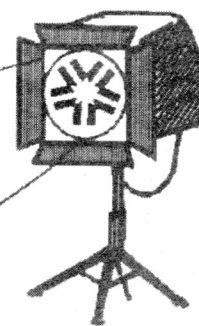


DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XXI, ISSUE 5

A newsletter for D.C. Seniors

May 2006

Celebrating Older Washingtonians and 30 years of the Office on Aging

EXECUTIVE DIRECTOR'S MESSAGE



By E. Veronica Pace

Celebrate! Celebrate! Celebrate!

May is Older Americans Month, nationally and locally, for those who have achieved the age of 60 years and older. "Choices for Independence" is

the theme that will underscore our signature event, the 42nd Annual Senior Citizens' Day at the D.C. Armory, and throughout the year.

Older Americans Month is a time to honor our elders as the keepers of history, values and traditions. It is also a time to review the options and choices available for life-long living in the areas of housing, employment, health care and socialization. One size does not fit all.

In this issue, you will read about seniors who have made their own choices as they relate to volunteerism, social engagement and living styles. The June issue of "Spotlight on Aging" will feature additional forces and "choices for independence."

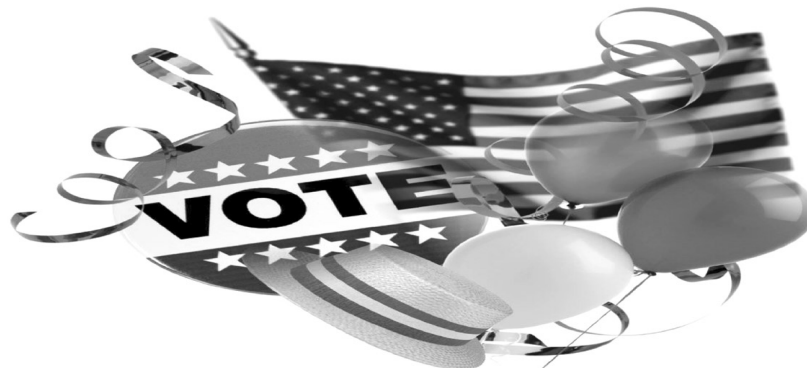
Medicare Part D for prescription drug coverage is a benefit of choice for millions of Older Americans. Local outreach efforts are underway to get seniors signed-up before the May 15 deadline. For assistance in making your choice, call the D.C. State Health Insurance and Counseling Project at 202-739-0668.

Happy Older Americans Month, and we look forward to seeing you on May 18 at the DC Armory to celebrate Senior Day. For tickets, call 202-724-5626.

DC Board of Elections and Ethics

Investing in my Neighborhood Voting Poll

Pollworker: My Civic Duty



The Board of Elections and Ethics must attract effective pollworkers who can address 21st century technology election demands such as touch screen voting machines, compliance with disability mandates, and ensuring a smooth election where every eligible voter shall cast a vote and ultimately have that vote counted.

Moving Elections Forward in the District of Columbia
Primary: Tues. 9/12/06 & General: Tues. 11/7/06

Contact person: Willie J. Lynch, Jr.
202-727-3626

E-mail: wlynch@dcboee.org

DC Board of Elections and Ethics
441 4th Street, N.W., Suite 250 North, Washington, D.C. 20001
Phone: 202-727-2525 / Fax: 202-347-2648 / E-mail: sjackson@dcboee.org

Highlights

- Timely & efficient voting experience
- Visible improvement in voting process
- Effective use of special ballot process
- Customer satisfaction at every level
- Voter's evaluation of experience
- \$100 stipend for each election



The D.C. Office on Aging and its Senior Service Network provide the following program and services in your community:

Adult Day Care
Alzheimer's Services
Caregiver Support
Case Management
Education
Emergency Shelter
Employment
Group Homes

Group Mid-Day Meals
Health Insurance Counseling
Home Delivered Meal Program
In-Home Support
Legal Services
Long Term Care Ombudsman
Multi-Purpose Senior Centers
Nursing Home
Nutrition Counseling
Respite Aid Services
Transportation
Wellness Centers

To find out how you can participate or access service, call the agency servicing your ward:

Barney Neighborhood House
Service Area: Wards 1 and 4
Contact: 202-939-9020

IONA Senior Services
Service Area: Ward 3 and parts of Ward 2
Contact: 202-966-1055

Greater Washington Urban League
Service Area: Wards 2 and 5
Contact: 202-529-8701

United Planning Organization
Senior Services
Service Area: Ward 6
Contact: 202-547-0569

United Planning Organization/
Project KEEN Comprehensive
Senior Program
Service Area: Ward 7
Contact: 202-388-4280

Greater Washington Urban League
Service Area: Ward 8
Contact: 202-373-1860



GOVERNMENT OF THE DISTRICT OF COLUMBIA

ANTHONY A. WILLIAMS, MAYOR

D.C. OFFICE ON AGING NEWSLETTER

Community Calendar

May events

3rd • 1 to 3 p.m.

IONA's Reminiscence Group will visit the Daughters of the American Revolution museum for a tour of the facilities. There is room for 16 people on the bus. The bus will leave from IONA's offices at 4125 Albemarle St., N.W. To make a reservation or for more information, please call 202-895-9427.

6th • 11:30 a.m. to 1 p.m.

Attend "Celebrating Life from Sunrise to Sunset" at the Anacostia Museum, 1901 Fort Place, S.E. Sister Saeyda Quaye, a fourth generation midwife and spiritual adviser, offers insights into her work as a health caregiver attending births and facilitating home funerals. The discussion, which includes a media presentation, includes African American midwifery, death among newborns, New Age midwifery, selected home funeral practices, and planning a home funeral. For reservations, call 202-633-4844.

11th • 2:30 to 4 p.m.

Attend a DriveWell program to enhance driving longevity. There will be a discussion about driving choices helping attendees identify strengths and weaknesses. The DriveWell program is funded by the National Highway Traffic Safety Administration. The course will take place at IONA, 4125 Albemarle St., N.W. For more information or to register, call 202-966-1055.

12th • 11 a.m.

The Greater Washington Urban League, Division of Aging & Health Services, will host a Mother's Day celebration at Asbury Dwelling Nutrition Center, 1616 Marion St., N.W. For reservations, contact Vivian Grayton at 202-529-8701.

13th, 27th • noon

Join a writers' group every other Saturday at Emmaus Services for the Aging, 1426 9th St., N.W. Call Reshima Patterson at 202-745-1200, ext. 412 for more information.

14th • 11:30 a.m. to 1:30 p.m.

The United Planning Organization's Weekend Nutrition Program will host a Mother's Day tea event at 1649 Good Hope Rd., S.E. For more information, call 202-610-5857.

16th • 2:30 to 3:30 p.m.

Find out which seeds and nuts offer the best nutrients to satisfy your appetite and your brain. The class, run by IONA's nutritionist Linda Smith, will take place at IONA, 4125 Albemarle St., N.W. For more information, call 202-966-1055.

20th • 10:30 a.m.

Angela Walton Raji will discuss how to research the history of African Americans who also have Native American ancestry. The event will take place at the Anacostia Museum, 1901 Fort Place, S.E. A review of basic genealogy methods and specific methods of researching Black Indian families will be discussed. For reservations, call 202-633-4844.

21st • 12:15 p.m.

Join a walking club trip down Wisconsin Avenue to the Georgetown Town Mall. The group will meet at the United Planning Organization's Weekend Nutrition Program offices, 1649 Good Hope Rd., S.E. Call Evelyn Minor at 202-610-5857 for more information.

24th • 11 a.m.

Join a seminar on "A Lifetime of Good Health" at the James Apartment Nutrition Center, 1425 N St., N.W. It is being hosted by the Greater Washington Urban League. For more information, call Vivian Grayton at 202-529-8701.

27th • 12:30 p.m.

Celebrate National Strawberry Month with the United Planning Organization's Weekend Nutrition Program. Learn the role of Vitamin C, and taste delicious strawberry smoothies. For more information, call Evelyn Minor at 202-610-5857.

30th • 11 a.m.

Emmaus Services for the Aging will host a Memorial Day cookout. It will be at 1426 9th St., N.W. To learn more, call Reshima Patterson at 202-745-1200, ext. 412.

31st • 11 a.m.

United Planning Organization's Project Keen will honor senior participants who have contributed to events for more than 25 years. These honorees have been stalwarts in the community. The program will be at the Phillip T. Johnson Senior Center, 3200 S St., S.E. For more information, call Robinette Livingston at 202-584-4431.

A Lifetime of Achievement



Executive Director E. Veronica Pace is presented with the lifetime achievement award by NASW president Barbara Stotter.

The Metro Washington Chapter of the National Association of Social Workers presented E. Veronica Pace, executive director of the D.C. Office on Aging, with its Lifetime Achievement Award. The award was presented during the group's annual conference during Social Workers Month in March. The theme for

the conference this year was "Protecting our Elders."

The award is presented to members for their accomplishments over a lifetime of work in the field of social work. Winners have successfully participated in leadership initiatives that make a positive impact on the profession and/or an agency; demonstrated extraordinary personal and professional integration of experience and education to help people, and used creativity in the transformation of programs and/or services.

Winners are exceptional risk takers for better human services, enlisting major public support for improved human services through writing, speaking, teaching, or community leadership. They demonstrate superior contributions to the public's knowledge of social work and social programs, modeling the exemplary practice of professional ethics as defined in the NASW Code of Ethics.

With more than 40 years of government service, Mrs. Pace began her career at the Department of Health as a clinical social worker. She later effected change as Women's Program Coordinator in 1973, during the administration of the Honorable Walter E. Washington.

She led the movement in the District of Columbia Government to appoint women to executive level positions as departmental directors, and to recruit women to the uniform ranks of both the Metropolitan Police Department and the D.C. Fire Department.

Later, as the executive director of the Office on Aging, she began her mission of bringing wellness centers and programs to seniors in the District, along with her many other goals and accomplishments. Currently, there are the Washington Seniors Wellness Center (Ward 7), Model Cities Senior Wellness Center (Ward 5), and Congress Heights Senior Wellness Center (Ward 8). Three more are slated for completion by 2008 in Wards 1, 4 and 6.

The legacy of E. Veronica Pace continues.

SPOTLIGHT ON AGING

Spotlight On Aging is published by the Information Office of the D.C. Office on Aging for D.C. senior residents.

Advertising contained in the Senior Beacon is not endorsed by the D.C. Office on Aging or by the publisher.

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202-724-5622 • www.dcoa.dc.gov

E. Veronica Pace, **Executive Director**
Darlene Nowlin, **Editor**
Adrian Reed, **Photographer**

The D.C. Office on Aging does not discriminate against anyone based on actual or perceived: race, color, religion, national origin, sex, age, marital status, personal appearance, sexual orientation, familial status, family responsibilities, matriculation, political affiliation, disability, source of income, and place of residence or business.

Sexual harassment is a form of sex discrimination which is prohibited by the Act. In addition, harassment based on any of the above protected categories is prohibited by the Act. Discrimination in violation of the Act will not be tolerated. Violators will be subjected to disciplinary action.

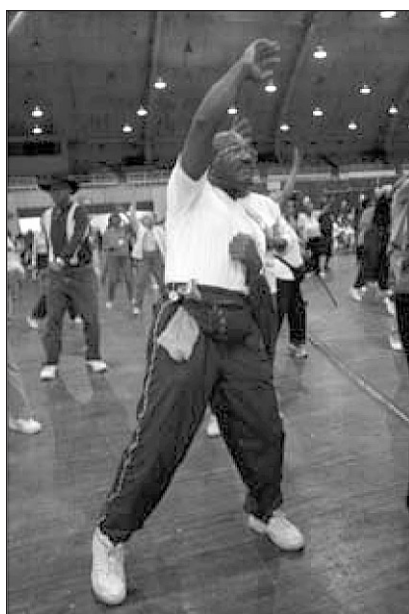
The Office on Aging is in partnership with the District of Columbia Recycling Program.

D.C. OFFICE ON AGING NEWSLETTER

The D.C. Office on Aging
 The D.C. Senior Citizens Clearinghouse Committee
 and
 The Office on Aging Senior Service Network
 present

The 42nd Annual Senior Citizens' Day

"Choices for Independence"



Thursday, May 18, 2006
 10 a.m. — 2 p.m.
 D.C. Armory
 2001 East Capitol Street, SE



Parking is limited, public transportation is encouraged. Accessible by the Blue/Orange Line on the MetroRail DC Armory/RFK Stadium

Exhibits
 Volunteer Sign-up
 Line Dancing

**Information on
 Senior Services
 Health Screenings
 Health and Wellness
 Demonstrations
 Armory Walk**

Lunch
 Hand Dancing
 Giveaways

For more information and tickets call (202) 724-5626.

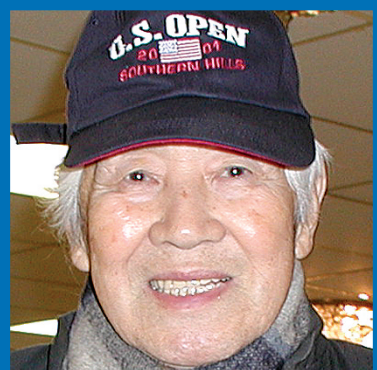


Government of the District of Columbia
 Anthony A. Williams, Mayor

D.C. OFFICE ON AGING NEWSLETTER

Older Americans Month

"Choices for Independence"



CHARLES LEE

Choice: Advocacy

Charles Lee often speaks up when it comes to what he and others at the Greater Washington Urban League Asian Senior Service Center want. Mr. Lee speaks fluent English and has been known to address his concerns about the meals that are served at his center.

This 79-year-old veteran has also spoken directly to Mrs. Pace during several forums on aging services for the Asian community. Advocating on behalf of the other participants, Mr. Lee ensures that seniors get the respect they deserve.

Lee also noted that the seniors at the center wanted to communicate with the outside world,

but needed computers and access to the Internet. Those in charge have taken his comments seriously, and the center now has computers with Internet access.



THOMAS BROOKING

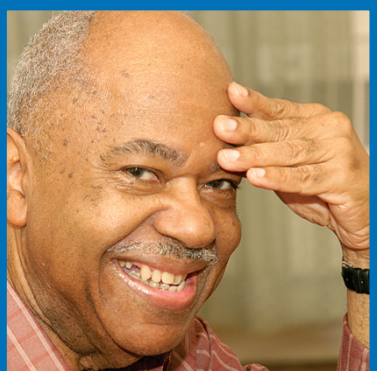
Choice: Assisted Living

District government retiree Thomas Brooking has made choices. At 72, he resides in assisted living at the Christian Communities Group Homes.

After an illness hospitalized him at the Veterans Administration Hospital for one month, a social worker convinced him that he might need to consider assisted living. "Moving here is one of the best things that could have happened to me," he said.

After six years, he still enjoys living at the home, where he doesn't have to worry about bills and cooking, and can still watch movies when he wants, as well as spend time with his family.

In the Air Force Mr. Brooking traveled to Europe and competed as an athlete, winning football championships and running the 440. Now he enjoys watching the Redskins and the Wizards on television.



LORENZO REED

Choice: Independent Living

In this urban environment, Lorenzo Reed, 69, enjoys the quiet and tranquility of the independent setting at Christian Community Group Homes. When not doing his chores or playing bingo, this resident is alone listening to his music or watching the Redskins or the Wizards.

A former singer with the DC's, Reed sang tenor or baritone. "Baby, It's You" was his favorite. He doesn't make too much about the singing and traveling around the area clubs. He is very humble and keeps it all to himself.

When his aunt became sick, he was a caregiver for her and also took her out of town to see her

friend. When she later died, he became a live-in caregiver for her friend. When she died and he needed somewhere to live, someone recommended the Group Homes, and he has been there for the last few months.

He enjoys his time there away from it all.



ALBERTO CAMACHO

Choice: Employment

Alberto Camacho, 81, is responsible for activities at the EOFULA Spanish Senior Center. He enjoys working with the seniors and says, "It is better for me because I am active."

You can often see Mr. Camacho walking to the center. Fishing might be the only activity that he would rather do in retirement in the next few years. Mr. Camacho has been in Washington for 15 years. "I like Washington very much," he said.



DORIS THOMAS

Choice: Healthy Lifestyle

Doris Thomas is 81 years old and a vegetarian. She practices yoga, dances, sings, is a theatre company founder and director, and was crowned Ms. Senior DC in 1992.

A few months ago, she starred as "Harriet's Spirit" in a Serenity Players production about the life of Harriet Tubman. The intergenerational theatre company recently celebrated its 20th anniversary and also found a permanent home in the newly opened ARC Theatre in Southeast Washington.

"I am a breast cancer survivor of 38 years and survived cancer that metastasized in my hip 25 years ago. After the second occurrence I knew I needed to improve my health, and this is how I decided to go about it," Thomas said.

Mrs. Thomas is also a tap dancer; she began tap dancing at the age of 70 and has performed across the city at senior centers, churches and larger venues, including the Lincoln Theatre. When her busy schedule allows, Mrs. Thomas is a regular participant at the Washington Seniors Wellness Center.

When discussing her healthy lifestyle Thomas said, "I feel better and this is how I've been able to sustain my health, and I just wanted to live."



SUE WHITMAN

Choice: Volunteerism

Ninety-five-year-old Sue Whitman doesn't sit around much. She is busy volunteering and attending meetings for her various groups.

Before retiring from the State Department, she studied at Georgetown University in the evening for two years to learn as much as she could about gerontology. She then wrote two books before leaving the State Department to help seniors find employment through a volunteer agency.

When asked about volunteering, Mrs. Whitman said, "What else would you do if you don't volunteer? Your health is ruined if you sit around and do nothing."

Her volunteer work has paid off in more ways than one, and she was recently recognized as a Silver Honoree for the 2006 Metlife Foundation Older Volunteers Enrich America Award. This honor, presented by the National Association of Area Agencies on Aging, will award \$2,000 to IONA, the organization that nominated her. Mrs. Whitman is also active with the Older Women's League, AARP and the D.C. League of Women Voters.



MILDRED ALFRED

Choice: To be in charge

She describes it as being "lifted from trouble into the arms of angels." Mildred Alfred, 82, is a survivor of Hurricane Katrina. The angels she refers to are the staff and clients at the Downtown Cluster's Geriatric Day Care Center. Her niece found Ms. Alfred and her other relatives on a Web site, and helped bring her to the District.

After the hurricane, when a helicopter landed on the annex of Ms. Alfred's senior building, where she resided on the fifth floor, rescuers urged her to come down. She replied, "You are not Bob Barker, and this is not the 'Price is Right' I am not coming down." When they told her that they were going to

leave her there, she submitted and was lifted up, as we saw the many people lifted up during the news coverage.

"My independent personality doesn't want me to have another mother, my niece," she said. But Ms. Alfred is thankful for her. Her niece was the one that insisted that she not stay in the house and makes sure she goes to the center daily. Ms. Alfred participates in activities and enjoys the lunch most of all. During the meal, she often pulls out a crossword puzzle, an activity she has enjoyed since her father enlisted his children's help in working the puzzles many years ago.

A writer, she develops characters and writes a few lines here and there. Ms. Alfred shares her knowledge with her new young neighbor, giving him ideas and making him figure out how to proceed with a story line, character development or a scene. They have an understanding, and he often reads his ideas out aloud when he knows she is listening, to solicit her help.

She is in charge and only answers when she wants. That is what is important about everything — that she is in charge.